



The HPWBANA News

Volume 7, Number 9

September 2011

www.hpwbana.org

LOCAL HISTORIC DISTRICTS

Highland Park-West Balcones Neighborhood is filled with mid-century homes that both define and distinguish this community from all others in Austin. Mid-century homes are historically significant and efforts in Austin and throughout the country are growing to protect these architectural treasures.

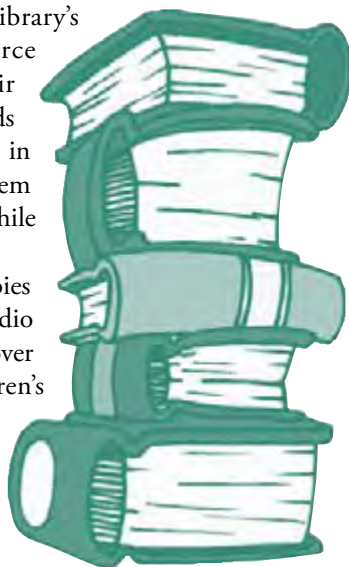
Join us at the September 19th board meeting to hear from Alyson McGee, City of Austin Deputy Preservation Officer, as she presents information on Local Historic Districts and the Landmarking process.

Jacqui Schraad, Director of the Heritage Society of Austin, will also attend to talk about the support HSA gives for these efforts. The meeting will be held at the Highland Park Baptist Church at 7pm.

RECYCLED READS

Recycled Reads, the Austin Public Library's used bookstore, is an excellent resource for anyone building or enhancing their home or classroom library. Recycled Reads recycles ex-Library and donated materials in an ecologically responsible way, making them available to book lovers and educators while raising funds for the Library.

Fiction, business, science, history, hobbies and more, as well as a large selection of audio books and movies are available. Hard cover books are \$2, paperbacks \$1, all children's books fifty-cents, movies from .25 cents to \$1. Recycled Reads advances the City's Go Zero initiative by reducing the amount of trash going into area landfills. Shop or donate books@ 5335 Burnet Road Thursday- Sunday noon-6:00 p.m. or contact 512-323-5123, www.recycledreads.org or recycled.reads@ci.austin.tx.us



NEW WEB SITE IS COMING

A HPWBANA committee is working on creating a new web site for our neighborhood. The current site is hard to maintain and has limitations which make it difficult to include all of the photos and information neighbors might want to see. It is sometimes hard to find specific information about our neighborhood. The current website URL is <http://www.main.org/hpwbana>. If you have any questions or suggestions please email the committee chairman, Kirby Walker at kirbywalker@austin.rr.cm

Some of the web site changes being discussed are moving to a platform which will:

- make updating much easier
- allow committee chairmen to add content from their own computer
- survey neighbors about things of interest to our neighborhood
- not rely on a single person to update all content
- use Google Analytics to monitor site activity to improve site content
- create a current calendar with events from: HP Elem, Casis Elem, Laguna Gloria, Mayfield Park, Boy Scouts, etc.
- display a page with volunteer opportunities
- include a list of current neighborhood activities/projects
- have a comments/forum section
- provide the ability to join the neighborhood association online
- include articles or blogs about local businesses
- include more photographs of our neighborhood and events

Highland Park West Balcones Area

IMPORTANT NUMBERS

Austin Citywide Information Center 974-2000 or 311
Emergency Police 911
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SPO David J. Knutson
Central West District APD Rep..... 974-5917
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The HPWBANA Board meets on the 3rd Monday of each month except December at the Yarbrough Library on Hancock. Meetings are held from 7:00 – 8:45 p.m. All neighbors are invited to attend. www.hpwbana.org

HWPBANA is bordered on the north by 2222, on the south by 35th St., on the west by Mt. Bonnell Rd., and on the east by MoPac and by Bull Creek Rd. between Hancock Dr. and 45th St. Mail your membership dues to HPWBANA, P.O. Box 26101, Austin, Texas 78755

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Please support the businesses that advertise in the HPWBANA Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge. No neighborhood association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com for ad information and pricing.

It's Not Easy Being Green!

So says world famous Muppet, Kermit the Frog! But, actually in today's environment, with so many products and design options available, being "green" can be a relatively easy and environmentally beautiful design option.

From paint, lighting, accessories, fabrics, furniture and wall coverings, becoming eco-friendly has become an extremely high priority for many home furnishings manufacturers.

Let's take a look at a few of these exciting options.

- **FURNITURE.** Natural fibers, found in rattan and plantation grown woods (rather than depleting forest grown woods) give home owners a wide variety of styles, textures and designs. And how about materials such as bamboo, abaca, and government certified hardwoods. If purchasing eco-friendly furniture for your home is a priority, you might check to see if your furniture manufacturer is a member of the Sustainable Furniture Council (SFC) which was established in 2007.
- **LIGHTING.** Not only have halogen lamps been all the rage for the past few years, they are a boost to energy savings, as are the wide variety of energy saving light bulbs available in the marketplace.
- **FABRICS.** Believe it or not, gorgeous decorative fabrics are being made from recycled plastic water bottles, recycled polyester, and recycled paper. And often times these eco friendly fabrics are treated and finished with only water based or environmentally approved dyes. Many of these are also antimicrobial.
- **WALL FINISHES.** Paints now feature low odors, faster drying times and stronger durability, all by maintaining environmental codes. If repainting is in your future, be sure to ask if the paint you're considering has a low VOC (Volatile Organic Compounds) rating, so that you can continue your environmental stewardship. Natural grass cloth wall covering is another way to add warmth, beauty and texture to your wall décor, while maintaining your green focus.

And let's not forget the importance in design of the color GREEN!! Yes, it may not be easy being green, but this long desired shade can be found in almost every design scheme. Whether you incorporate green in plant foliage displayed in you room's design, or you make this shade predominate, usually any green shade will add a bit of the splendor of the great outdoors to any décor. Adding an indoor fountain and incorporating foliage is also a beautiful way to liven up a space and bring the outdoors in.

Don't want to wait for the mail?

**View the current issue of the Highland Park
West Balcones Area Neighborhood Newsletter on
the 1st day of each month at www.PEELinc.com**

HEALTH BRIEFS - SEPTEMBER

EASE YOUR CHILD BACK INTO SCHOOL

Establishing a normal school routine can be hard for children of any age after the long lazy days of summer. Dr. James H. Bray, a family psychologist and associate professor of family and community medicine at Baylor College of Medicine, offers the following tips to help make going back to school a less stressful experience for children and parents.

- Get kids into the school mode early. Many children have a summer schedule that includes staying up late and sleeping in. Kids need at least a week before school starts to get back into the school schedule.
- Develop a plan. Doing things like buying supplies and clothes, and finding out about schedules and teachers in advance, rather than waiting to the last minute, helps reduce stress for parents and kids.
- Talk with children about their fears and concerns and do some advance problem

solving and planning.-Get involved with your child's school by getting to know the teacher and discussing their expectations.

- Talk to your children about what they want to accomplish and get out of their school year. Discuss their academic and social goals, but emphasize balance.

BACK-TO-SCHOOL CHECKLIST SHOULD INCLUDE EYE EXAM

Preparing for the start of a new school year? Remember to get a new backpack, paper and pencils, and get your children's vision screened as part of their back-to-school checklist.

"Poor vision can interfere with learning, school performance, participation in sports and other activities, as well as self esteem," said Dr. Kimberly Yen, assistant professor of ophthalmology at Baylor College of Medicine in Houston and an ophthalmologist at Texas

Children's Hospital.

Yen said if parents know that eye problems run in their family or if they suspect problems, it is especially important that their child receive eye exams regularly. All children should have their eyes examined, as part of their well-child check ups and children who exhibit no signs of visual problems should have their vision screened by age 3.

Good eye care should also include wearing protective eyewear during sports activities. Children who play basketball, baseball and racquet sports are more susceptible to eye injuries. Sports goggles can significantly reduce the likelihood of potentially sight damaging injuries. Good vision not only helps children develop in the classroom, but it teaches them the life-long value of regular vision screenings.

(Continued on Page 4)

The poster features the Toys R Us and Babies R Us logos at the top left. The main title "WALK NOW FOR AUTISM SPEAKS" is written in large, colorful, stylized letters, with a puzzle piece icon at the end. Below the title, it says "RESEARCH | AWARENESS | COMPASSION". To the right, it announces the event date "September 24, 2011" and location "The Dell Diamond", with "Doors Open at 9am, Walk Starts at 11am". The website "www.walknowforautismspeaks.org/austin" is prominently displayed. At the bottom, there are two rows of logos: "Thanks to our sponsors:" including Carino's Italian, H-E-B, Rising Stars Pediatric Services, Language Movement, and Media Sponsors including KASE 101, FOX 7 Austin, Peel, Inc., and JEFA 107.7. Silhouettes of people walking are shown in the background.

Highland Park West Balcones Area

Health Briefs - (Continued from Page 3)

STUDENT ATHLETES' HEALTH STARTS OFF THE FIELD

Even though it is students who will be taking the field as extracurricular school activities begin, doctors at Baylor College of Medicine say parents play an important role in keeping their kids safe. Family health history, especially heart illnesses, is important information for doctors to know during an exam, said Dr. John Rogers, professor of family and community medicine at BCM.

A certain type of heart murmur and rapid heart beats can be detected during a physical, but the exam can't determine if past family members have heart problems or if anyone has died suddenly due to a cardiac problem. Being armed with that information helps doctors know whether the student-athlete should undergo an echocardiogram or ultrasound for a more in-depth examination.

Parents' knowledge of their child's previous injuries can also be helpful. Teens may downplay an injury, because they don't want it to prevent them from taking part in their favorite sport. However, a parent might remember lasting effects that will help doctors determine the severity of the injury.

Rogers said other issues that cannot be detected during a physical are light-headedness or shortness of breath that is not proportionate to the exertion level of the activity. Parents should keep an eye out for these issues and let their doctor know at the time of the physical exam.

TEENS BENEFIT BY MAKING TIME FOR BREAKFAST

Teens who start their day without breakfast are twice as likely to have diets low in iron - a shortfall that could be hurting their grades. "Breakfast supplies more than just the energy kids need to get through the morning," said Dr. Theresa Nicklas, a professor of pediatrics at Baylor College of Medicine in Houston. "Teens who eat breakfast are also two to five times more likely to consume at least two-thirds the recommended amounts of most vitamins and minerals, including iron."

Iron-deficiency anemia has long been known to have a negative affect on behavior and learning. Eating breakfast has been linked to improved memory, grades, school attendance and punctuality in children. In addition, intakes of other vitamins and minerals, including zinc, calcium, and folic acid, are higher among breakfast-eaters, while fat consumption is lower.

"It's important for parents to realize that the nutrients teens miss when they're allowed to skip breakfast are rarely recouped during other meals," said Nicklas, also a researcher at the USDA/ARS Children's Nutrition Research Center.


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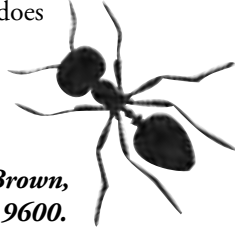
Fire Ant Awareness

The second week of September is Fire Ant Awareness Week. While there hasn't been a lot of fire ant activity lately due to weather, be aware that they will be back.

When it's hot and dry outside, people may have fire ant activity and get stung but not see mounds to treat. Under hot and dry conditions, fire ants dig deep into the soil to find cooler temperatures and to be closer to the water table. Fire ant mounds often return after rainfall or with regular irrigation. When temperatures are at the sweltering range, it's a good idea to bait for fire ants since the mounds may not be seen. Fire ants will still be out to forage for food and will pick up bait as a food and take it back to the colony to share with others. It is best to bait in the early morning or evening when temperatures are cooler.

Make sure that bait is fresh- it should have a nutty smell- and that it does not get wet from rainfall or irrigation. Read the label for the proper application rate and use the correct application equipment. Also, consider sharing some bait with your neighbors so their fire ants don't move into your yard.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com



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NATUREWATCH SN-OUTBREAK!

by Jim and Lynne Weber

The change from late summer into early fall can trigger some unusual natural events, and at this time of year in Central Texas, we can often see periodic population explosions of the American Snout butterfly. Often mistaken for migrating Monarch butterflies, the American Snout (*Libytheana carinenta*) is a medium-sized butterfly with a brown upperside, wings orange at the base, and white spots near the tips of the forewings. Their underside is a mottled grayish-brown pattern, much like a dried, dead leaf. Snouts are named for their elongated mouthparts, and when they hang from the underside of a branch, which they most often do, their 'snout' resembles the stem or 'petiole' of a leaf and their folded wings appear to be the dead leaf itself. It's the perfect camouflage for defense against avian predators.

In the caterpillar stage, snouts are dark green with yellow stripes along the top and sides of their body, with two small, black tubercles on the top of their thorax. These caterpillars feed on all hackberry species, but they prefer spiny hackberry. While Austin is at the northernmost boundary of this plant's range, it is close enough that we get to experience a 'sn-outbreak.' After a good rain, spiny hackberry plants (also known as granjeno or desert hackberry) grow numerous new leaves. In response, the snout butterfly lays its eggs on these new leaves, which provides the fuel for a significant number of its caterpillars. In Texas, it only takes 12 days to go from egg to caterpillar to adult butterfly.

The ecology behind this event is related to several factors. First, the population of snouts is positively correlated to the intensity and duration of dry periods that immediately precede significant rains. These droughts seem to greatly diminish parasites that can harm and kill snout larvae. Second, adult snouts wait out these long, dry periods by remaining in 'reproductive diapause', a state of arrested development/reproduction and decreased metabolism in response to the adverse environmental conditions. This condition reverses when the rains arrive and trigger the third factor, new growth on the spiny hackberry host plants. Female snouts will only lay eggs on this prolific new growth, and coupled with the lack of parasites, this creates a population boom.

Most often, sn-outbreaks occur in South Texas and Mexico, where the spiny hackberry is plentiful. However, one of the largest recorded snout emergencies occurred in late September of 1921, when over the course of 18 days more than 6 billion southeasterly-bound snout butterflies flew over San Marcos to the Rio Grande River. That's an estimated 25 million per minute! While not every year is quite that spectacular, keep your eyes open about two weeks after a rain, and you should see region-wide migrations of snout butterflies as they waft by in pretty impressive numbers. *(Continued on Page 8)*

AUSTIN'S MID-CENTURY MODERN SPECIALISTS

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Immunizations: Not Just for Kids

By- Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the following immunization schedule for generally healthy adults and adolescents:

VACCINE

Influenza	Yearly, especially if at risk
Meningococcal	One dose, age 11-12 or 13-18 if not previously immunized
Tetanus-Diphtheria/Tetanus ... -Diphtheria-Pertussis	One dose, age 11-12, then booster every 10 years
Human Papilloma Virus	Three doses, age 11-26 (females only)
Measles - Mumps - Rubella If born after 1956, one or two doses if never immunized up to age 65
Pneumococcal	One dose, at or after age 65
Varicella (chicken pox)	Two doses if no prior infection or immunization received
Zoster (shingles)	One dose, at or after age 60

Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>. For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.



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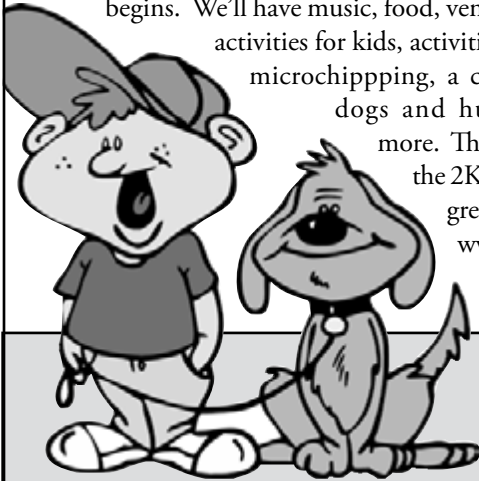
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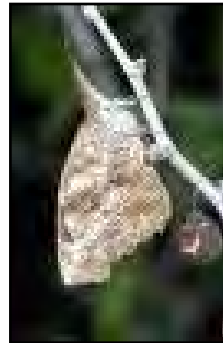
Have a howling good time and help the Central Texas SPCA save homeless pets in our community. This year's event will be bigger and better than ever on Saturday, September 10th at Old Settler's Park in Round Rock, Texas. The morning starts with a 2K pledge walk for homeless pets and then the festival fun begins. We'll have music, food, vendors, fun games and activities for kids, activities for dogs, low cost microchipping, a costume contest for dogs and humans, and much more. The top fundraisers in the 2K pledge walk will win great prizes! Please visit www.centraltexassPCA.org for more information.



Nature Watch- (Continued from Page 6)

Right: American Snout – upperside

Below: American Snout – underside



Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, to be published in October by Texas A&M University Press.

LIFE'S HEALING CHOICES

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ADOPTION COALITION

Omar is a sweet, loving boy—and he almost always has a smile on face! While he is extremely active and loves to play sports and be outside, Omar does well academically and is a very polite young man. Omar, who turns ten in November, needs an active and involved family who can provide him with consistent expectations, boundaries and structure. An abundance of support and patience will help Omar achieve success in his promising young life.

To find out more about Omar, please contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter, at the Adoption Coalition of Texas (512) 810-0813 or gracelindgren@adopttexas.org. Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group. To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825, email info@adopttexas.org and visit our website at <http://www.adoptioncoalitiontx.org>

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Recipe of the Month **TORTILLA SOUP**

Combine oleo and flour. Brown. Add broth, tomatoes, chilies, chicken, chili powder, cumin, garlic salt. Simmer for 1 hour. Saute onion and chips. Add to soup. Pour over cheese and avocados. Optional: Add sour cream.

Enjoy!

Ingredients

- 1 Onion, chopped
- ¼ Cup oleo
- ¼ Cup flour
- 6 cans chicken broth
- 3-4 chicken breasts; cooked and chopped
- 2 - 4 oz. cans chopped green chilies
- 1 can diced Rotel tomatoes or 1 can diced tomatoes
- 2 T chili powder
- 2 tsp. garlic salt
- 1 T Cumin
- 8 Corn tortilla chips, cut up
- 2 chopped avocados
- shredded Monterey Jack Cheese



Save the date...

CG&S will have two houses to explore on the upcoming Austin NARI Tour of Remodeled Homes!

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BACK TO SCHOOL

Now that the kids are back in school, it's time for drivers to pay closer attention to the school zones in Steiner Ranch. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is illegal!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.



TIME TO SLOW DOWN!

SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to sfannin@austin.rr.com Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at www.PEELinc.com.



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COLIN'S HOPE

Increasing water safety awareness and standards



More than 68 children have drowned in Texas this year...SO FAR! Please continue to be safe in and around the water. Drowning is PREVENTABLE!

Source: Texas Department of Family and Protective Services



For more information, check out our website at

www.colinshope.org

Download a QRcode App on your phone & scan me!



JOIN US IN HAVING A SAFE SUMMER IN THE WATER!



September 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!

When the beloved garden center, Pots & Plants closed its doors-several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in July, August and September benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit www.westlakemedical.com for more details or stop in The Hospital's Waterfall Café, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope!



September 2011 - Sign up for Ourgift and Colin's Hope will receive donations during September!

OurGift.Org™ has chosen Colin's Hope as one of the charities that will benefit from donations in September. Please visit www.ourgift.org to learn more and sign up to receive the daily deals from local businesses. It's a great way to help prevent childhood drowning! You get a great deal, a local business is supported and Colin's Hope will get a donation! Follow them on Twitter @ourgiftlists and find them on Facebook at <http://www.tinych.org/ourgift>



October 1 - Colin's CrossFit Challenge

CrossFit Lakeway is hosting a community event from 8:00am-10:00am at BACKWOODS in the Hill Country Galleria to benefit Colin's Hope. The Crossfit Challenge will be open to all fitness levels. There are Beginner / Intermediate / Advanced divisions and prizes will be awarded to 1st and 2nd place in each division. Registration is \$30. For more information or to sign up, please visit www.crossfitlakeway.com or call 512-689-3798. Help us Prevent Drowning...One workout at a time!

Children who drown often do not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.

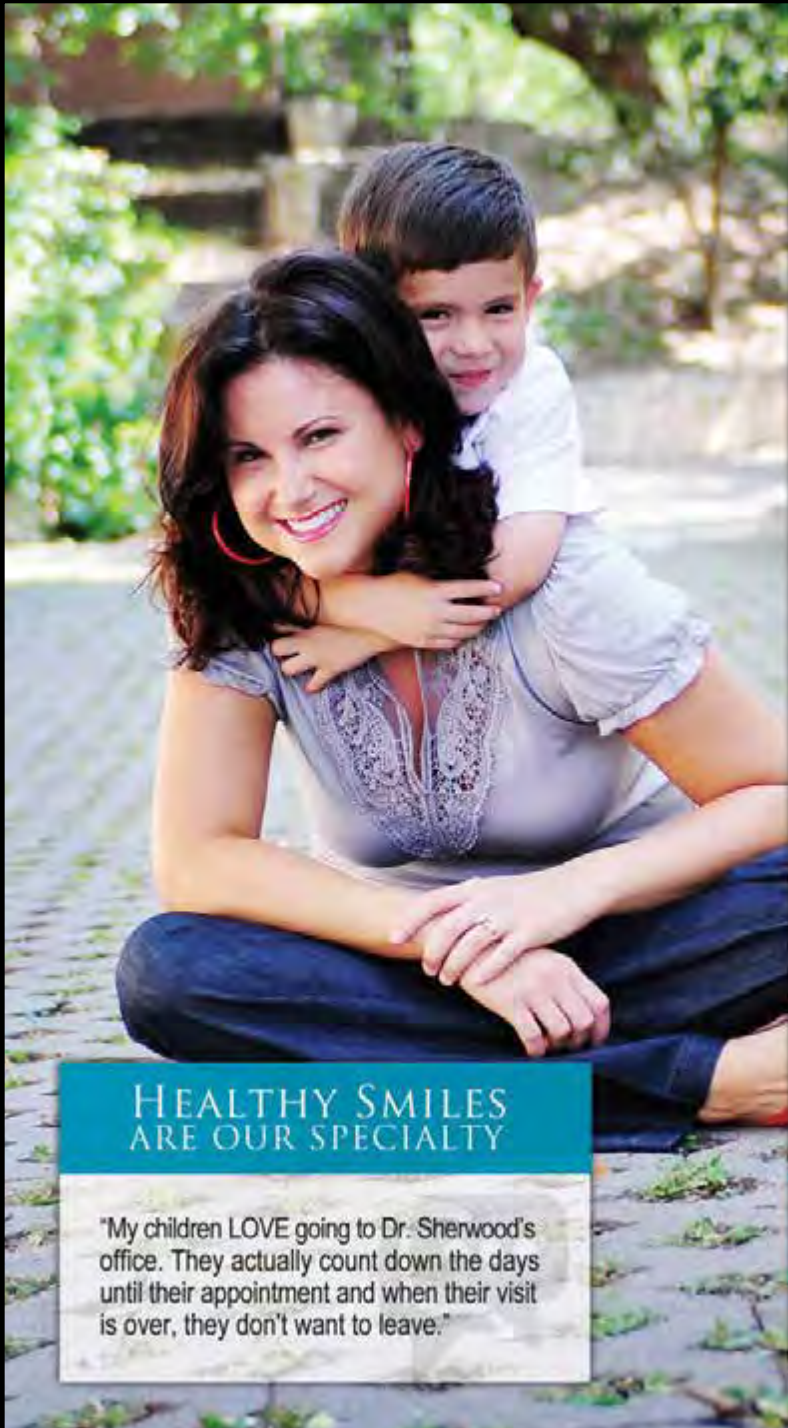


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